

Pantry Summit

By Jules Katz, Pantry Network Coordinator

Each year, Food for People hosts the Pantry Summit, bringing coordinators and several volunteers from each pantry together for a day of networking and learning. This year's theme was "An Exchange of Ideas," which translates into a day long Summit of sharing ideas, challenges and solutions from around the network. The Food for People Pantry Network has grown to 17 Pantries and 4 congregate feeding sites serving communities throughout Humboldt County. We have an amazing network of committed coordinators and volunteers that serve more than 12,000 people each month who are experiencing food security issues.

During this year's summit we were pleased to have Vincent Schenck from the USDA discussing the fundamental rules, policies

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Food No

The Newsletter of Food for People • The Food Bank for



This year's Letter Carriers' Food Drive was a resounding success thanks to the efforts of our local volunteers. At left, a volunteer sorting through a bin full of donations. At center, local letter carriers at the Eureka Post Office. At right, Food for People Board Member Dean

Local Letter Carriers Food Drive

By Laura Hughes, Local Food Resources

We cannot thank our local letter carriers enough! Each year, on the second Saturday in May, the National Association of Letter Carriers hosts a nationwide food drive to "Stamp out Hunger," in partnership with local pantries and food banks. Saturday, May 9th marked the 23rd Annual Letter Carriers' Food Drive, the largest single-day food drive in the nation, and residents of Humboldt County were asked to participate by leaving donations of nonperishable food items by their mailboxes. Food for People and our local Letter Carriers Union once again teamed up to coordinate the pick up and

delivery of nonperishable food donations from throughout the county.

Thanks to the generosity of the local community and the extraordinary hard work and enthusiasm of our local letter carriers, this year's Letter Carriers' Food Drive was one of the most successful on record, with many carriers remarking that they brought in almost twice as much food from their routes compared to previous years. In total, this food drive brought in more than 48,150 pounds of nonperishable food donations from throughout Humboldt County to help our friends and

neighbors in need.

The food received through this annual drive will help Food for People replenish the shelves of local food pantries, many of which have already distributed the donations gathered over the holidays. The food collected during the Letter Carriers' Food Drive is therefore critical in their efforts to provide for low-income residents during the summer months, when children are out of school. For the third year in a row, we used blue, pre-printed donation bags in our outreach efforts, and worked with letter carriers to have them distributed to mailboxes.





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Locally Delicious, inc. is a non-profit organization engaged in projects designed to support the increased availability of healthy food in Humboldt County. At left the "Heirloom Tomatoes" of Locally Delicious are Suzanne Simpson and Ann Anderson. In front are Edie Jessup, Pat Bitton, Lauren Sarabia, Martha Litzky, and Lew Litzky.

Locally Delicious: Bringing Healthy Food where Needed

Here in Humboldt County, we are blessed with a uniquely vibrant agricultural community and local food scene. In addition to the diversity of small-scale family farms, we have a community of dedicated local food advocates who are committed to bridging the gap between food insecurity and abundant, healthy, local food resources. The growing season is already well underway and Food for People is looking forward to another year of contracting with local farmers through our Locally Delicious Food Fund to produce a wide array of nutrient-dense crops to be distributed to our friends and neighbors in need. 2015 will mark the sixth season of the Locally Delicious program.

The Locally Delicious Food Fund has been in operation for the last five seasons, providing grants to Humboldt County farmers to grow food for Food for People's distribution programs. The Fund was established in 2010 by a group of women called the Heirloom Tomatoes, also known as the authors of *Locally Delicious: Recipes and Resources for Eating on the North Coast and Lunch Box Envy: An Adventure in Healthy Eating for Kids and Families*. The Heirloom Tomatoes are staunch advocates of local food production, as well as making local food accessible to everyone. Each year they generously contribute \$3,000

this year in the amount of \$5,000!

According to Martha Shanahan the Area Director for Community Benefits from St. Joseph's, "St. Joseph Health has supported the Locally Delicious Produce Fund for the past five years because the goals of this fund are in line with our vision of creating healthy communities. Eating a variety of fruits and vegetables is foundational for good health. We are fortunate living in Humboldt County that we have high quality produce grown right here in our backyard. But not everyone has access to it, for a variety of reasons. The Locally Delicious Food Fund supports local farmers and makes fresh, local, nutritious fruits and vegetables available to clients of Food for People, free of charge. It's a win for everyone."

The Locally Delicious Fund was fortunate this year to also receive funding from several new sources. Coast Central Credit Union contributed as a new donor this season, providing an additional \$7,500 in funding. Also new this year, Locally Delicious was awarded \$3,000 from the McLean Foundation. Combined with individual donor contributions, this year's fundraising efforts collected over \$21,000 for the Locally Delicious Food Fund a new record!

by receiving income when they need it most, stimulating the local agricultural economy. Through our Locally Delicious contracts, grant funds are provided to farmers upfront in the beginning of the growing season to defray start-up costs of production. In exchange farmers agree to grow specific crops for the food bank that season. Priority is given to smaller farmers who can use the funds to expand their level of production. By supporting local farmers to plant food early in the season, the Locally Delicious Food Fund uniquely accomplishes two goals: creating a sustainable local food system, and contributing to the health and wellness of our neighborhoods and communities through access to healthy food. In addition



Food for People is presented with Locally Delicious during a May 12th Press Conference.

Notes from the Director

CCRP Releases Client Survey Results

By Anne Holcomb, Executive Director



In September and October of last year, Food for People worked in partnership with the California Center for Rural Policy and St. Joseph Health Humboldt to conduct a survey of the individuals who receive food from our countywide network of food pantries. The survey tool included 60 questions specific to our clients' food security status and questions designed to help us evaluate the services provided at each of our pantry sites. Other survey questions, which were suggested by our community partners, focused on topics such as access to healthcare services, CalFresh enrollment levels, neighborhood safety, diabetes rates, employment status, education levels, access

to transportation, and questions about what additional resource information they would like to have available at their respective pantry sites.

A total of 696 surveys were completed, thanks in large part to a stipend of \$2.00 per completed survey provided to each participant by St. Joseph Health Humboldt and the efforts of the many wonderful volunteers who traveled to each of the pantry sites over the two month period to assist with administering the survey. This survey was preceded by a similar survey conducted in 2011; some of the questions asked during this round were the same questions asked during the 2011 survey and some were new.

It has been both heartwarming and sobering to review the results. The majority of the people we serve access food once per month through their local pantry and we are pleased to report that 76% indicate they are happy with the quality of the food they receive; 68% are happy with the quantity of the food they receive; and 80% agreed that they can choose healthy food at the pantry. We think this is a reflection of the

increased volume of produce we've been able to provide in recent years thanks to special grant funding and our ability to purchase additional nonperishable nutritious foods for each site through our DHHS contract. The majority also reported that they found the pantry space "clean and inviting" and that they were "treated well".

However, the need for our services remains high when we look at self-reported levels of food insecurity. A total of 77% of the individuals surveyed reported that they have low to very low food security and the remaining 23% who reported marginal or high food security obviously include Food for People's pantry services as part of their food security plan. A majority indicated that they often have to choose between paying for food or paying for transportation (the cost of owning and operating a vehicle and/or public transportation), rent, utilities and medications.

We also learned that 14% of respondents have diabetes and 18% reported that someone in their household has diabetes, which exceeds the Humboldt County rate of 8% and the California rate

of 8.6%. We already know that approximately one third of those served by our Pantry Network and up to 45% of the people who access our Choice Pantry are on SSI (which makes them ineligible for CalFresh), so our focus on providing fresh produce and nutritious nonperishable food becomes an even greater priority as we work to address the special dietary needs of people with chronic health conditions.

The top three food items clients indicated they would like to have more of each month included meat/beans/protein items, dairy and fresh produce. Consistent access to transportation to health care services, pantry sites, a grocery store, social services or other sites was also clearly challenging for many households. And when asked what additional resource information they would like to have available at the pantry, the top two responses were dental care and housing.

CCRP is in the process of posting the full report on their website where it can be found at <http://www2.humboldt.edu/ccrp/publications/> by clicking on the "Food Publications" link.

Welcome Rodney and Carly!

We are very happy to welcome Rodney Ferriaro, who started in February as our new Warehouse Assistant. Rodney moved to Humboldt County in 1996 to attend HSU, and enjoys the small town feel and local community here as well as the natural beauty of the area. He enjoys spending time with his son and taking his two dogs to the river or beach and going agate and fossil hunting. When not at work or the beach, Rodney spends his time making wine!

Experience placements and keeping an eye on the many of duties that keep our warehouse functioning smoothly. Coming from a corporate world, Rodney likes the opportunity at Food for People to spend time making sure tasks are done right and getting to know the volunteers and clients he works with.

We are excited to have such a dedicated and hard-working team member join us in our fight against hunger! ~



We're very pleased to welcome Carly Robbins, Food for People's new Fund Development Director. Carly was formerly Manager of Performing Arts Venues with a B.A. in Critical and Visual Studies from Pratt Institute. Carly brings a variety of marketing and event planning experience to our organization's fundraising efforts. Carly recently moved back to Humboldt County after two years in the Bay Area. "It is wonderful to be back. I love the atmosphere and sense of community in Humboldt County. Everyone cares about the community and the wellbeing of our

Help Sustain Us: Join the 800 Club Monthly Donor Program

The 800 Club is our regular giving program composed of community members who donate monthly or quarterly. Many, many years ago, 800 people donating \$5 a month is what it took to cover our yearly budget. Since that time, we have greatly increased our services to children, seniors, and working families in need throughout our community. We currently provide food assistance for more than 12,000 people monthly, and our yearly budget has grown proportionately.

What remains the same is that everyone doing their part and donating a comfortable monthly amount turns into something powerful. Money we can depend upon allows us to make long-term plans while building strong foundations for our programs. Your donations will make a direct impact locally. Thank you to all 800 Club members; your commitment is making a difference and is allowing us to help where we are needed most.

It's easy to become an 800 Club member. Contact us directly to set up a monthly or quarterly charge on the credit card of your choice. Or fill out the slip on this page and send it to us. You will receive a packet of 12 envelopes to make sending in your monthly donation easy. For more information, contact Carly Robbins, Fund Development Director, at 707.445.3166 extension 306.

In Memory Of

01/22/15 - 05/14/15

Carla Edwards
Carolyn Harvey
Carolyn Regan
Delores Johnson
Diane L Sandigo
Donna York
Elsie Pialorsi
Frank Powers
Gary McConnell
Gene Hasham
John S. Charlotte Dillon
Jonathan Mellon
Joyce Matthews
Ken & Kay Humphrey
Martha Morrison
Mernon Lollich
Sam Leeper
Sister Alice
"Sons John and Jason Diamond and grand-daughter Wendi"

In Honor Of

01/22/15 - 05/14/15

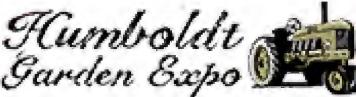
Anne Holcomb
Charles & Sara Gradek
Carla Lee
Emily Abfalte
Fox Olson
The Hart & Buckley Families
Joaquin Ramon Sanchez & Kathryn M. Stieren
Lauren Sarabia
Lillian McCloud
Maria Jackson
Mario & Jane Brenta
Moonshine Mountain
Peggy Falk
Sally
"Daughter Diane L Sandigo"
"My beautiful daughter, Carrie Smith, who works at Food for People" ~

THAN
Top Food
Apr

Food Drive

Humboldt Green

Garden Expo/ Cannifest



338 lbs.

Locally Delicious

of Laughing Mother Farm in Freshwater, Danielle Newman of Trident Lightning Farm in Phillipsville, Michaela Hasle of Freedom Farm in Freshwater and Ginger Sarvinski of Sarvinski Family Farms/The Corn Cris in Pepperwood. Several other contracts are also currently in development, and with the additional funding provided this season, Food for People is researching possibilities to include more local grain and protein items for the people we serve in addition to fresh fruit and vegetables.

goes to their program of choice. It is a great way to celebrate and/or honor the memory of someone you love.

If you would like to make a donation in someone's name for a birthday, special event, or holiday, we can do that too! We will let them know a generous donation has been made in their name. Just be sure to include the address of the individual so we can send them a card to let them know about your gift.

We are always happy to know more about the folks for whom you are making donations in honor or memory. Let us know if you would like to include a photo or briefly tell their story and why you wish to honor your friend

I'd like to be a regular donor!

Please send an 800 Club Monthly Donor Packet to:

Name: _____

Address: _____

City, State, Zip: _____

Please charge my Visa or Master Card:

Monthly Quarterly Amount: \$ _____

Card Number: _____

Exp. Date: _____ Sec. Code (on back of card): _____

Food for People is committed to working with farmers to select crops that provide a diversity of produce for our program throughout the growing season and we put care into choosing items our clients would be able to use and enjoy. Produce provided through the program this season will include lettuce, kale, Swiss chard, broccoli, summer squash, cucumbers, tomatoes, melons, carrots, beets, kohlrabi, winter squash, leeks, turnips and more. Such a wide variety of fresh, locally-grown produce provided through the Locally Delicious program helps promote health and increase fruit and vegetable consumption for the people we serve by offering the freshest possible nutrient-dense food from nearby. Many clients are excited and inspired to try new foods and recipes.



Local Letter Carriers Food Drive

Continued from page 1

for working long hours to pick up and deliver tens of thousands of pounds of food throughout the county! Our letter carriers are working hard on the front lines of our communities each day, and their generosity and enthusiasm for going the extra mile to help their neighbors in need is inspiring. We saw many cheery, smiling faces as carriers dropped off donations and grabbed a snack while volunteers unloaded their vehicles. Many described the high they felt, to see blue bags full of donations along their routes, and to know they were helping people in need.

Special thanks to the representatives from our local Letter Carriers Union—Stuart Bailey in Arcata and Dustin Roberto in Eureka—for helping coordinate carriers locally, and for their ongoing support and involvement. Stuart Bailey was the primary letter carrier representative this year, and he did a fabulous job of coordinating efforts of letter carriers locally, encouraging more Humboldt County post offices to participate in the drive

than ever before. He was also very involved with the press and media promotion of this year's event, resulting in lots of great coverage encouraging community support and participation in the drive.

Heartfelt thanks also go out to the many, many volunteers who helped out in Eureka and Arcata, as well as at our other Pantry Network sites throughout the county. Volunteers helped make the Letter Carriers Food Drive a success by staffing remote drop sites, unloading mail trucks, sorting donations, packing boxes and much more! Particular thanks to our volunteer driver from UPS, who drove around to remote drop sites to pickup donations and bring them back to the food bank. Thanks also to our Pantry Network Coordinators and volunteer groups from UPS, Girl Scouts, California Conservation Corps, AFACTR Americorps, Coast Central Credit Union, American Red Cross, HSU's YES House, North Coast Blood Bank and the College of the Redwoods Police Academy.

We would also like to thank Northern Redwood Federal Credit Union, Ming Tree Realtors and C & K Markets, Inc. for generously sponsoring the pre-printed donation bags this year. Thanks also to the numerous businesses that supported the drive through the use of their facilities as remote drop sites for letter carriers including Wildberries Marketplace, North Coast Co-Op, Murphy's Markets, Ray's Food Place, Safeway, Umpqua Bank, John's Cigars, Country Club Market, Coldwell Banker Cutten and Pierson Company. Food for People would also like to express deep gratitude to the local community, for joining them in the ongoing fight against hunger.

This nationwide effort by the National Association of Letter Carriers, with the help of rural carriers, other postal employees and numerous other volunteers, has resulted in the delivery of well over one billion pounds of food to community food banks and pantries since its inception over twenty years ago. The food collected is used

to supplement food boxes for low-income families and seniors. Food for People and its network of 17 pantries serve more than 12,000 Humboldt County children, seniors and other individuals each month. All food collected by the drive stayed in the community in which it was donated to help local individuals and families in need.

For more information about this or other food drives please contact Laura Hughes at 445-3166 x312 or lhughes@foodforpeople.org. As always, donations may be dropped off Monday through Friday at Food for People in Eureka, or at a food pantry in your community. ~



Dylan Diemer & Anne Holcomb
Executive Director of Food for People
during the Letter Carriers Food Drive

**Heartfelt thanks to the businesses that sponsored our
23nd Annual Letter Carrier Food Drive Bags**



Gleaning Update May 2015

By Laura Hughes, Local Food Resources Coordinator

With the season's longer days and warmer weather, Humboldt County farms and gardens are flourishing once again, and Food for People's gleaning program is ramping up in anticipation of another bountiful growing season.

Weekly produce donation pickups from Deep Seeded Farm have resumed after the winter lull, providing fresh spinach, lettuce, bok choi and more for our Eureka Choice Pantry. Local gardeners and homesteaders have also been busy, already bringing in loads of extra greens, herbs, eggs and more to share with our friends and neighbors in need. In addition, we've been working to promote the Gleaning program through tabling outreach at events like the Humboldt Permaculture Guild's Annual Seed & Plant Exchange in March, and the Humboldt Garden Expo in April. These events are always fun, and are a great way to get the word out, gather resources and meet people in the community.

As the season progresses, donations of extra fruit from backyard fruit trees become a critical part of our Gleaning program as well, and

represent an easy way for community members to help improve food security locally. Plums, pears and apples are particularly plentiful in this region, and Food for People can offer volunteer harvest assistance in most cases to donors interested in sharing the harvest from their trees. We have recently developed an online registration form for our fruit tree database, where potential donors can register online to include their fruit tree in the donor database and request volunteer harvest assistance. Check out the form on our website at <http://foodforpeople.org/form/fruit-tree-registration-form> and encourage others to sign up!

To make use of fruit that may otherwise be too perishable to distribute through our usual channels, we even plan to coordinate harvest efforts this season with our Nutrition Education program to offer canning and preservation classes for people interested in learning how to preserve excess fruit. Along with the easy recipes and tips we offer for preparing various produce items in a tasty and healthy manner, these classes help ensure that more people can enjoy the

benefits of Humboldt County's agricultural bounty.

In addition to donations from farms and gardens, local ranchers and meat producers have also been contributing more to our Gleaning program. Several ranchers periodically donate a portion of their product through local meat processing facilities including Ferndale Meat Company and Redwood Meats.

Food for People has also been partnering in unique ways with Jacoby Creek Land Trust and Eel River Organic Beef to provide premium quality beef for our distribution programs. Donations of meat from local farmers and ranchers like these help make it possible for us to provide a nutritious protein option for the people we serve. Combined with the fresh fruits and vegetables we provide, it's a great way to offer balanced nutrition options to keep local families healthy and strong during difficult times.

Along with our generous donors, volunteers are also an absolutely vital part of Food for People's Gleaning program, because we just can't do it alone! Volunteer gleaners help harvest produce from farms and gardens, pick neighborhood fruit trees and pickup produce donations from local farmers markets to bring back to the food bank for distribution. Volunteer gleaners allow us to cover more ground and help ensure that we can respond to as many gleaning requests for harvest assistance as possible. We will be



about the program, as well as resources and procedures for volunteers who are interested in helping out. The aim of these trainings is to develop a more independent, well-trained corps of volunteer gleaners to assist with harvests from local farms, gardens and fruit trees in the future.

Volunteer and donor contributions made through Food for People's Gleaning program support the health and wellness of our neighborhoods and communities by increasing access to fresh, healthy produce and nutrient-dense protein options for low-income residents in Humboldt County. In the last year, Food for People's Gleaning program collected over 84,000 lbs of produce and meat from farms, gardens and ranches throughout Humboldt County.



Food for People is always recruiting donor and volunteers for our Gleaning program, and it's easy to get involved! Here are some ways you can help:

Pantry Summit *Continued from Page 1*

and procedures of USDA Emergency Food Assistance Program (EFAP) distribution. Folks at the Summit learned how to simplify the way they operate their pantry distributions which will be beneficial for the year to come. Heidi McHugh, Food for People's Community Education & Outreach Coordinator, shared CalFresh information and updates for applying for CalFresh, most notably the inclusion of people with past drug offenses now being eligible for CalFresh benefits as of April 2015.

Anne Holcomb, Executive Director of Food for People, shared very interesting information from our Client Survey, which food bank clients from around the county participated in last fall. Overall, the information was telling, in that most feel very welcomed and thankful for the food they receive from the Pantry Network. The survey also touched on other issues our clients face beyond food insecurity, ranging from high rates of tobacco use and difficulties with transportation to the desire for more information relating to dental care in our area. To address some of these concerns, Lou Moerner, from Northern California Indian Development Council, came in to address resources for health education and tobacco cessation, and Leigh Pierre-Oetker, from the Dental Advisory Group of the Department of Health and Human Services, discussed oral health education and resources in our community.

Laura Hughes, Food for People's Local Food Resources Coordinator, covered the 23rd Annual Letter Carrier Food Drive, providing details about our largest food drive of the year for pantries and the post offices that participate. This food drive helps tremendously in feeding Humboldt County communities throughout the summer months, the busiest time of year for pantries throughout the area. Cassandra Culps, our Nutrition Education Coordinator, shared nutritional tips for our Network and made a delicious healthy snack for the afternoon. Some of the challenges that arise with nutrition are meeting special dietary needs for lower income individuals, families and seniors. Also addressed were the special needs of our homeless clients who have very limited cooking facilities, if any at all. Jules Katz, Pantry Network Coordinator, presented the Food with Dignity segment, covering civil rights and leading a break out session to go over scenarios with the group. It is vital that our network adhere to compassionate and fair practices for our communities throughout the county.

All in all, the Pantry Network learned a great deal during their time at the Summit and enjoyed a yummy lunch catered by the North Coast Co-op. A huge thank you goes out to St. Joseph Health, Emergency Food and the Shelter Initiative and Union Labor Health Foundation for graciously funding this year's Pantry Summit. ♣

Portrait of Hunger: Community Food Pro

By Nick Gauger, Community Food Programs Coordinator

Last week I was called from my office on a busy day to meet an elderly gentleman inquiring about a food delivery. I walked into the lobby and saw a small weathered man, cane in hand, who sat perched on the edge of the bench. His eyes were wide and when he spoke there was a quiet trembling that arose simultaneously from lip and chest. As I sat he told me a story about a man in the late years of his life living out of a van. He found it hard to walk and his vision was failing. The once youthful bones that ran across meadows and climbed mountains now ached and creaked as he lay alone in the cold dark night. He feared much, for it was a lonely life. For years he had worked hard, but now in his "golden years," he had to live on the outskirts of society. No family, few friends, very little money.

He looked at me between the tears and his small frame shook a little as he said, "Now I have a place, a home. I found an apartment." It had been four years in the van for the man who was now 82. I would have promised him the world in that moment. All he wanted was a safe place to lay his head, some food and a friend. My eyes were glassy as we filled out the application. We agreed he would receive a delivery once a month. After a hand shake that lingered he stood up and went on his way. I watched him go, then climbed the stairs to the office and sat for a moment. There was a feeling of warmth in my heart for this man; I could feel his pain, I could feel his joy.

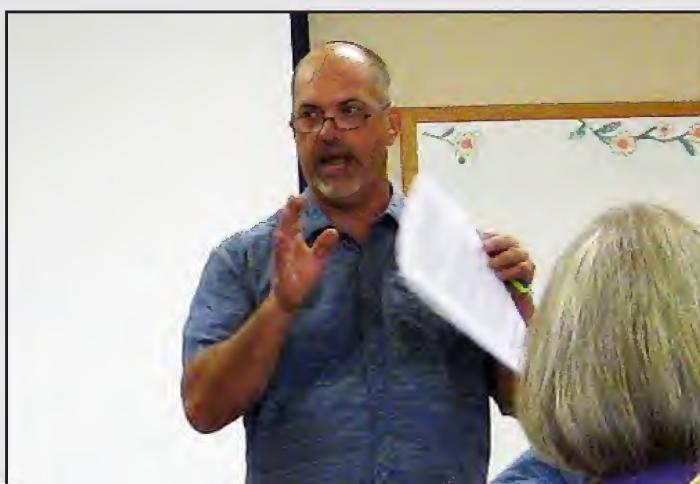
My job as the Community Food Programs Coordinator has many of these moments. The



Photo by E. Chris Wisner

Community Food Programs (Senior Brown Bag, Homebound Delivery and Commodity Supplemental Food Program) serve seniors who are referred through a medical provider

three programs that are part of the Community Food Programs (Senior Brown Bag, Homebound Delivery and Commodity Supplemental Food Program) serve 600 individuals each month, supplying assistance to the often unobserved population in our community most in need. Participants of these three programs are all seniors over the age of 60 or adults under 60 who are referred through a medical provider due to permanent or temporary disability. Each month



Please visit our website at
www.foodforpeople.org
for more information
about our programs,
staff contact information,
hunger education
information & resources,
copies of past newsletters
& annual reports, healthy
recipes, and more!

I want to become a volunteer

Call 707-445-3166 or email

Or fill out and send in:

Name: _____

Address: _____

City, State, Zip: _____

Please have someone contact:

Phone: _____

Email: _____

People's Produce Market: Back in Swing!

By Carly Robbins, Fund Development Director

Our seasonal People's Produce Markets are back! There is nothing better than spending an afternoon at an outdoor market selecting fresh produce while listening to live music, and this is an experience we at Food for People like to bring to our clients. Our free farmers' market-style produce distributions provide fresh fruits and vegetables to income-eligible residents once a month from May-October.

Food for People sponsors four locations for these distributions, including sites in Fortuna, Garberville, Redway and at Food for People in Eureka. Many volunteers and staff work together to help create a fun and festive atmosphere at our People's Produce Markets, complete with live music from local musicians and representatives from partner organizations who provide valuable information about their services. A Nutrition Educator is available at markets to answer questions about nutrition or cooking with the available fresh produce and to provide free healthy recipes and taste tests using fresh fruits and vegetables. We also have information about CalFresh, and our Outreach staff can help interested households apply for the program. Last year we distributed a total of 176,021 pounds of produce during our seasonal markets, serving 3,145 households representing 9,572 individuals in our community.

Though certainly not required, we do find people lining up hours before the opening of the market because they are excited for the opportunity to receive free, good quality produce. The people participating in the People's Produce Markets include families with young children, many elderly folks and people with disabilities all eager for the chance to participate. The cost of fruits and vegetables are on the rise, and the People's Produce Market provides a valuable outlet for those in need to get the produce required to supplement a healthy diet for themselves and their families. We believe that all our neighbors should have access to quality, fresh produce as a part of a healthy diet and a healthy life.

For more details and the full list People's Produce Markets schedule check out our website at [www.foodforpeople.org!](http://www.foodforpeople.org) ↗



Local Musician Dale Winget plays guitar at last year's seasonal market at Food for People in Eureka.



**Food for
Free P
Market S
May 2015 – O**

Garberville Presbyterian Church 437 Maple Lane Garberville	Redw Bapti Chur 553 Red Drive Redw
2nd Tuesday of the month 10:30-12:00	2nd Tues the mo 12:30-1
May 12th	May 1
June 9th	June 9
July 14th	July 1
August 11th	August
September 8th	Septemb
October 13th	October

Introducing Our New HSU Intern!

Hello! My name is Katharine Laub, and I am a recent graduate of Humboldt State University. I graduated with honors in the field of environmental policy with an emphasis on food politics. In order to have a more comprehensive understanding of some of the greater issues we are facing today, I customized my major to include more areas of the social sciences that I initially felt were lacking from the curriculum. I firmly believe that a solid education (be it in or out of the classroom) is one of the key pieces of social change, and I don't believe in sitting idly by while my future is mapped out for me. In addition to my three years at HSU, I also spent a year abroad studying the impacts of globalization in five different countries through several different academic lenses. Ultimately, my

creating equitable and sustainable alternatives.

This work has now led me to Food for People, where equitable and sustainable alternatives are in fact, being sought. I asked specifically to work with Laura Hughes, the Local Food Resource Coordinator, to begin transitioning my academic learning into experiential learning. She is, without a doubt, an inspiration, in every sense of the word. Her drive and intelligence, to continually explore alternative avenues for decreasing unnecessary food waste is incredible. Hunger hurts everyone, and I fundamentally reject the premise that it is a product of one's environment, but rather that it is systematic and calculated. To be able to interact with the people of our community and see that this organization is affecting

What are We Learning From the Food Stamp Challenge?

By Heidi McHugh, Community Education and Outreach Coordinator

The Food Stamp Challenge has emerged as a popular tool to raise awareness about the struggle of living on a very limited food budget. Challenge participants agree to live for one week on the equivalent of what the average Food Stamp (currently known as the Supplemental Nutrition Assistance Program [SNAP] nationally and CalFresh in California) benefit provides someone to purchase food; in 2015 that is about \$4 per person per day. Additionally, participants cannot partake in other free foods that may cross their paths in recognition that it cannot be assumed that all SNAP users have these access points to free foods, such as bagels at a morning staff meeting or a lavish reception for politicians.

The intended purpose of the Food Stamp Challenge is to raise awareness of the inadequacy of SNAP benefit levels and to develop empathy for our family, friends and neighbors who struggle every single day to get by without enough to eat. Participants typically add daily updates via a blog, Twitter and Facebook as they "walk a mile in someone else's shoes." When that participant is a high profile politician or celebrity, millions of people follow as they document their week of subsistence-level nutrition. Past celebrities include Chef Mario Batali, Senator Corey Booker and most recently, actress Gwyneth Paltrow. These celebrities, and almost all Food Stamp Challenge participants, report the common experience of a week being totally preoccupied by food, not having enough fresh

produce and eating the same thing every day. As Chef Batali said of his week, "I'm (expletive deleted) starving!"

These common experiences noted by those who took the challenge are precisely why the challenge was created by advocates: to raise awareness of the day to day struggles of Americans who cannot make ends meet and to highlight the need to restore SNAP benefit levels so that people do not have to choose between feeling starved and buying cheap foods that do not support good health. It was hoped that this week-long experience would inspire the participants, and those who followed their stories, to advocate for policy changes at the federal level that will reverse the failings of our nation's best defense against hunger. However, even when close to 30 members of Congress took the challenge in June 2013 as funding for SNAP was being hotly contested during the Farm Bill negotiations, SNAP still received cuts the following November when a temporary boost to SNAP from the American Reinvestment and Recovery Act expired, and again in January 2014 when the new Farm Bill was authorized. These funding cuts meant less food for the 47 million Americans who received SNAP at that time, about 40% of whom were children.

While the Food Stamp Challenge still has the potential to inspire advocacy in the fight to defend SNAP funding, anti-poverty advocates cannot control the responses from the

public, media and political representatives. The recent backlash to Gwyneth Paltrow's Food Stamp Challenge exemplifies just how easily the point of the challenge can be missed. The actress began her week by Tweeting a photograph of what she purchased with the \$29 she had for 7 days of eating: one dozen eggs, brown rice, dried black beans, frozen peas, 18 corn tortillas, green onions, cilantro, one avocado, one sweet potato, one ear of corn, one jalapeno, garlic, two heads of lettuce, one tomato and seven limes. Instantaneously the criticism of her choices and how there was no way she would be able to sustain herself for seven days with those foods began circling the "Twittersphere." Ultimately, the actress quit the challenge on day four, but the news coverage of her "failure" continued for weeks; most of which focused on what she chose to buy with her \$29, something that SNAP recipients themselves are too often singled out for. The actress was also accused of partaking in a stunt that she has the luxury of choosing to do for one week only, while those who are food insecure don't have an end in sight. This is another common criticism of the challenge. In Ms. Paltrow's case, she did not purchase enough calories and proteins to sustain her health, but SNAP recipients are often scrutinized for just about anything they purchase by critics of the program. Unfortunately that is often the theme of media (and comment sections of that media) coverage of Food Stamp Challenges and the SNAP program. Commentary about how one can eat "plenty and healthy" with very little if they simply plan and organize accordingly dominates much of the discourse, and some even use the challenge to suggest that \$4 per day is more than enough to maintain good health.

Suggestions that hunger can be alleviated with the right amount of planning are ignorant of the symptoms of hunger: fatigue, depression, inability to concentrate and diet-related



two or three minimum wage jobs that still don't put food on the table. Planning goes out the window when the family car breaks down or there is a medical emergency and the wage earner cannot get to work. Hunger is a symptom of poverty and it is increasingly difficult to emerge from that circumstance. U.S. Census Bureau data for post-recession 2013 reports that the median household income is still 8% below what it was in 2007. Even though programs like SNAP are proven to lift people above the Federal Poverty Line (FPL), when counted as income, they are still too meager to sustain health, and these benefits get cut off just barely above the Federal Poverty Line, which is miles below a subsistence-level-income.

These are the things we should be talking about in response to the Food Stamp Challenge, but instead the conversation tends to single out the challenge participants for what they did wrong, which is the same notion that leads to the stigma associated with accessing a program like SNAP. Food for People offers an alternative interactive experience. Hunger 101 is a one-hour learning experience in which participants are asked to "take on" the life circumstance of someone in Humboldt County who may be hungry. The focus of this hour-long exercise is to help participants understand all the complex economic and social circumstances that lead to and perpetuate hunger, including how SNAP makes a huge difference.

Could you eat three healthy meals for just \$4 a Day?

Backpacks for Kids' Rhody Roundup a Community Effort!

By Carly Robbins, Fund Development Director

Food for People would like to send a heart-felt thanks for the dedication and efforts of the Rotary Clubs of Eureka and Old Town Eureka, and Soroptimist International of Humboldt Bay, plus the participation of many others who helped to bring together this year's Rhody Roundup. Thanks to these dedicated groups the, 5th Annual Rhody Roundup BBQ & Dance took place on Saturday, April 18th at the Adorni Center.

The evening included a tasty barbecue dinner by Blackberry Bramble BBQ, dancing to the rocking sounds of Doug Fir and the 2X4s and live & silent auctions filled with top-quality items. All proceeds from this event go directly to Backpacks for Kids in Eureka, our weekend hunger relief program for local school children who are living at or below the poverty line. Not only do these groups help raise the

money for this program, but they also participate in packing and delivering the food to local schools every week during the school year.

Providing good food to children helps them to grow strong bones, aids their ability to focus and behave appropriately in the classroom, increases their resistance to illness and helps prevent future diet related health problems. Children participating in Backpacks for Kids experience fewer problems with concentration and behavior after taking part in the program. Currently more than 50% of school children in Humboldt County are eligible for free or reduced-price lunch, but this food is not available during weekends. The Backpacks for Kids program addresses this need by providing a bag full of nutritious, kid-friendly food every Friday during the school year for local children living at or below the poverty line.

Funds raised from Backpacks Rhody Roundup will help fund backpacks for eligible Eureka school children throughout the coming year thanks to all the efforts and generosity of our caring community. Thank you to all who joined us for a fun-filled evening and helping to make sure that every child, every day, has enough to eat in Humboldt County. ~



Attendees of the 5th Annual Rhody R & Dancing to raise funds for the Ba

Food for People

The Food Bank for Humboldt County
307 W 14th Street Eureka, CA 95501
(707) 445-3166
www.foodforpeople.org



Food for People sends a heart-felt thanks to the following people and businesses for sponsoring the Rhody Roundup BBQ & Dance, Backpacks for Kids, a weekend hunger relief program for local children at risk for hunger. Your support will help provide a bag full of nutritious food every Friday during the coming school year for eligible children.

A big shout of gratitude goes to Soroptimist International, the Rotary Club of Eureka, and the Rotary Club of Old Town Eureka for their hard work and the many ways they support the Backpacks for Kids program.

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Leon's Car Care Center
Lima's Professional Pharmacy
Mindy Bussman
Maurita Musante
Old Growth Cellars
Pan Arts Network
Redwood Creek Bed
Redwood Parks League
Suzanne Simpson
SWAP - Sheriff's Department



Top: Food for People Child Nutrition Programs Coordinator Carrie Smith and Volunteer Ku sell building supplies for the Food Tower Competition. Bottom: Rhody Roundup attendees compete in the Food Tower Competition to see who can make the tallest tower.



Summer Lunch Program Launch

By Carrie Smith, Child Nutrition Programs Coordinator

Summer is right around the corner! With just two months left in the school year, we are once again gearing up for our Children's Summer Lunch program. This summer will mark our 19th year providing free lunches to kids across the county, all summer long. In Humboldt County, more than 50% of Humboldt County school aged children eat free or reduced-cost lunches at school every day. Kids rely on those meals for nourishment, and their families count on them, particularly during difficult economic times.

The last few years have not been kind to working families. Layoffs, foreclosures, high gas prices and fewer jobs mean more people in our community are struggling to make ends meet. Even for those lucky enough to have steady work, rising food prices make it difficult to provide enough on a tight budget. For one thing, young children must be cared for during the day, adding daycare or summer camp costs to the family budget. For another, school meals are not provided during summer. Parents have to come up with the money and time to provide at least five extra meals a week for each of their children. Unfortunately, the extra money that is required simply isn't there for everyone.. And what

about families who don't have a house to go home to? Imagine preparing three square meals a day for your children without a kitchen! These are the unfortunate realities of life for some people in our community.

With the help of all our partners, we provide nutritious meals all across the county, for free. We will partner with the Humboldt Senior Resource Center staff and volunteers who prepare hundreds of healthy, delicious sack lunches Monday through Friday. Humboldt Sponsors will cover the cost of milk to ensure a balanced meal. Last summer, we sponsored 21 sites at Boys and Girls Clubs, Parks and Recreation programs, Resource Centers from McKinleyville to Willow Creek to Redway, and we hope to do the same this year. Humboldt Transit Authority and UPS have been long-time partners, generously helping transport lunches all over the county. All these folks, and all of you who give to support Summer Lunch, make it possible for us to feed hungry children during the summer months.

As we prepare for a fast-paced 10 weeks of packing coolers and handing out sack lunches, we'll be thinking grateful thoughts for all

our collaborators. The Children's Summer Lunch program will run from June 15th to August 21st this year. Please look for fliers in your community and visit our website for a list of sites in early June. If you have questions, would like to volunteer or would like to give to the program, please contact Carrie Smith at 445-3166 x309 or csmith@foodforpeople.org. Thank you! ~



Local children enjoy healthy sack lunches at Cooper Gulch last summer by the City of Eureka. This year's Summer Lunch Program will be county-wide locations. Check out our website at www.foodforpeople.org



Gleaning Update *Continued from Page 6*

~ Donate seeds, soil or plant starts to be distributed to local gardeners.

Food for People can provide additional assistance to donors when possible, including information, resource referrals and even volunteers to help harvest the bounty if the donation is large or donors are unable to do so themselves. Once harvested, donations can be dropped off at 307 W. 14th St. from 9:00 a.m. to

directly drop off any excess produce at their local food pantries. A list of Food for People's Pantry Network schedule and locations can be found online at <http://www.foodforpeople.org/programs/pantry-network-schedule-and-locations>.

For more information about Food for People's Gleaning program, please contact Local Food Resources Coordinator Laura Hughes at 707-445-3166 x312 or lhughes@foodforpeople.org.

Farewell to Our Interns

By Philip Anderson, Volunteer Coordinator

In the past nine months our social work interns have completed almost 2,000 hours of service at Food for People. Watching these amazing students learn and grow over the last year has been one of the best parts of this job. To be honest, I was a little worried as to how it would turn out as this was our first year with an official internship program. Needless to say, anyone who has had the opportunity to work with our interns would say that it was a huge success.

Our Senior Program Intern, Julian Davlin, was happy to work here because he loved spending time with our senior clients. Julian also worked at the on-campus Food Bank where he was able to interact with his peers facing hunger insecurity. While he has always been interested in pursuing law school, his experiences over the last year have helped him realize how important it is to revise legislation in order to address the food needs of the nation. After graduation, Julian plans on relaxing at home in the Bay Area before beginning his first year at law school in the fall.

Our Pantry Network Interns, Evonne Woods and Tiffany Tran,



Evonne Woods

were in charge of running our Arcata Pantry. Some of these duties included supervising the weekly distribution, interviewing clients and recruiting/training new volunteers on site. Evonne graduated earlier this year and is excited to pursue social work careers in Humboldt County. Tiffany is graduating this spring, and is happy to finally be able to spend

some time with her family in San Francisco. Tiffany plans on continuing her volunteer work at the San Francisco Food Bank. Her experience here has raised her awareness of the issues faced by our homeless population. She plans on pursuing that interest in graduate school after studying for the GREs this upcoming summer.

Tyree Love, our Eureka Choice Pantry Intern, spent most of his time supervising our Choice Pantry, as well as working with volunteers. He was an incredible asset to our front desk team, and he always had a smile on his face. Tyree really wanted to work with the homeless population and he put his heart into the work he did here. He is graduating this spring and has decided to pursue an MSW at CSU Long Beach in the fall.

These students have not only hugely helped our programs, they have learned a lot in the process. Looking at them now,

you wouldn't be able to guess how nervous they were back in August on their first day of orientation. By the end of their experience here they were able to smoothly run our pantry with confidence and handle anything we threw at them. I know that I speak on behalf of the entire staff at Food for People in saying that we will truly miss them. I wish the best of luck to our first team of Food for People interns. I know that the compassion and insight they bring will take them far.



Tiffany Tran (left) & Julian Davlin (right) with Volunteer Coordinator Philip Anderson



Tyree Love (Left) with Laura Hughes, Local Food Resources Coordinator

Please visit our website at www.foodforpeople.org for more information about all of our programs; staff contact information; hunger education information and resources; copies of past newsletters and annual reports; healthy recipes; and more!

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I am enclosing a donation to eliminate hunger.

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Please contact me for more information about Food for People in the Bay Area.

Food for People, Inc., is a 501(c)(3) organization. Your donation is tax deductible to the extent allowed by law.

Food for People Wish List

Our goal of giving everything back to the community is challenging and sometimes we go without the help with any of the following items? Please consider a tax deduction value. (*Contact us for details.)

An open/closed sign
Desk for reception area

A special thanks to our printer!

Our newsletter is printed on 100% recycled paper using soy inks. All paper waste generated in the process of printing is sent directly back to the paper mill for recycling.



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